



# Seahorse Swim School, Inc. FALL 2019 Swim Program

@ Seascope Sports Club 1505 Seascope Blvd Aptos, Ca. 95003

Tiffany Harmon, Swim Director (831) 476-7946

Members & Non-Members welcome to join Programs.

**Register in advance of sessions ONLINE**

[www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)



Weekdays (4 weeks/ 8 lessons)	Session I 8/27 – 9/19	Session II 9/24 - 10/17
	<b>Tues/Thurs</b>	
<b>2:00 – 2:25</b>	Private, semi-pvt and custom classes.	
<b>2:30 – 2:55</b>		
<b>3:00 - 3:25</b>		
<b>3:30 - 3:55</b>	Level 2 (group) Private	
<b>4:00 - 4:25</b>	Level 3a (group) Level 3b (group)	
<b>4:30 - 4:55</b>	Level 2 (group) Level 4 (group)	
<b>5:00 - 5:25</b>	Private, semi-pvt and custom classes.	
<b>5:30 - 5:55</b>		

SATURDAY (4 weeks / 4 lessons)	SAT A 9/7 – 9/28	SAT B 10/5 – 10/26
<b>9:30 - 9:55</b>	Private	
<b>10:00 - 10:25</b>	Level 1 (group)	
<b>10:30 - 10:55</b>	Level 2 (group)	
<b>11:00 - 11:25</b>	Parent Tot (group) Level 3a (group)	
<b>11:30 - 11:55</b>	Level 2 (group) Level 3b/4 (group)	
<b>12:00 - 12:25</b>	Level 3a (group) Private	
<b>12:30 - 12:55</b>	Private	
<i>Learn-to-Swim level descriptions on reverse</i>		

## “Sharks” Non-Competitive Swimteam

Team workouts emphasize swimming for fitness while providing individual attention, instruction & assistance to aid in streamlining each individual’s stroke. Participants should be comfortable swimming multiple lengths of the pool to join. Level 4 graduates welcome to join swimteam. Swimteam resumes March 2020



**Session I**  
8/27–9/26

**Session II**  
9/28 – 10/26



**AMERICAN RED CROSS  
CERTIFICATION COURSES**  
Call to express interest!

~ WATER SAFETY INSTRUCTOR (WSI)  
~ LIFEGUARD TRAINING

Job opportunities await Lifeguards and Swim Instructors

To ensure correct placement in group level swim classes, follow these steps

1. Review level flow chart
2. Call for an over the phone assessment
3. Drop in for a level assessment

### PRICING CHART

		Member (M)	Non-member (NM)
<b>Group lessons</b> (Lvl 1- 4, P-Tot)	Tues/Thurs (8 lessons)	<b>\$134</b>	<b>\$149</b>
	Saturdays (4 lessons)	<b>\$84</b>	<b>\$76</b>
<b>Sharks Swim Team</b>	Tues/Thurs 5-6pm & Sat 10-11am	<b>\$117</b>	<b>\$130</b>
<b>Private lessons</b> Arranged on instructor availability.	(1:1) Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve specific goal.	<b>\$56</b>	<b>\$62</b>
<b>Semi-private lessons</b>	(2:1) Offered for 2 participants at/or near the same level.	<b>\$65</b>	<b>\$72</b>
<b>Custom Classes</b> <i>Great for siblings &amp; friends!</i>	(3+ : 1) Consists of 3 participants at/or near the same level. <b>Custom group of 4 gets session group pricing</b>	<b>\$22<sup>(M)</sup> / \$25<sup>(NM)</sup></b> (per class/student)	
<b>Drop in’s welcome if space in the class.</b>		<b>Drop- in’s \$20/\$22 (M/NM).</b> <i>Drop-in’s confirmed poolside</i>	

Register Online

[www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)

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Schedule Subject to Change  
updated 7/15/19



# Learn-to-Swim Level Descriptions

Age limits are a guideline, not a pre-requisite.



<p><b>Parent Tot</b> <b>(6 mon - 3 yrs.)</b></p>  <ul style="list-style-type: none"> <li>· Guided practice sessions teaching infants/toddlers to swim.</li> <li>· Practice sessions include intro to water entry, bubble blowing, front kicking, back floating, underwater exploration and water safety.</li> </ul> <p><i>All children who are not potty trained must wear swim diapers &amp; plastic pants.</i></p>	<p><b>Level 1: STARFISH (2 &amp; up)</b></p>  <p><b>Adaptation to the water</b></p> <ul style="list-style-type: none"> <li>· Beginning swimmers gaining comfort maneuvering independently in water learning basic skills.</li> <li>· Water adaptation, bubble blowing, water safety, floating, gliding, breath control &amp; fun.</li> </ul>	<p><b>Level 2: SEAHORSE (3 &amp; up)</b></p>  <p><b>Fundamental Skills</b></p> <ul style="list-style-type: none"> <li>· Blowing bubbles out of nose and mouth.</li> <li>· Gaining comfort in water.</li> <li>· Floating, gliding &amp; swimming on front &amp; back.</li> <li>· Coordinating arm &amp; leg actions while blowing bubbles.</li> <li>· Introduction to side breathing.</li> </ul>
<p><b>Level 3: (4 &amp; up)</b></p> <p><b>Stroke Development/Jr. Guard Prep</b></p> <p><b>3a : SEA TURTLE</b></p>  <ul style="list-style-type: none"> <li>· Combine arm/leg actions. Focusing on side breathing.</li> <li>· Development of free/backstroke.</li> <li>· Introduction to elementary backstroke.</li> </ul> <p><b>3b: SEAL</b></p>  <ul style="list-style-type: none"> <li>· Can swim free /back ½ way across the pool.</li> <li>· Jr. Guard Preparation class</li> <li>· Coordinating freestyle &amp; backstroke.</li> <li>· Intro to breaststroke &amp; butterfly arm, leg &amp; body motion.</li> <li>· Treading water &amp; water safety.</li> </ul>	<p><b>Level 4: OCTOPUS (5 &amp; up)</b></p>  <p><b>Stroke Improvement</b></p> <ul style="list-style-type: none"> <li>· Swim team Preparation/Jr. Guard Prep class</li> <li>· Developing confidence in water</li> <li>· Perfecting side breathing &amp;</li> <li>· Improving all competitive strokes.</li> <li>· Free/back/breaststroke/butterfly.</li> <li>· Underwater swimming.</li> <li>· Flip turns and open turns .</li> <li>· Building endurance to swim multiple lengths of the pool.</li> <li>· Treading water &amp; water safety.</li> </ul>	 <p>To ensure correct placement in swim classes, follow these steps:</p> <ul style="list-style-type: none"> <li>· Review level flowchart online.</li> <li>· Call for an over the phone assessment.</li> <li>· Come in for a level assessment.</li> <li>· Drop-in to one of our classes.</li> <li>· Pre-Comp Swimteam: Drop into Saturday workouts 10-11am.</li> <li>· Swimteam preparation – level 4.</li> </ul> <p>Drop-ins depend on availability in the class &amp; are confirmed poolside.</p>


**Private/Semi-Private Lessons & Custom Classes**  
Individual attention to the adult or child can make a world of difference in a short period of time.

Perfect for swimmers ‘stuck’ at a level, challenged by distractions, or working to achieve a specific goal.

Semi-private lessons and custom classes offered to 2 or more swimmers at equal or similar skill level.

**Private/semi-private lesson times determined by student & instructor availability.**

**Adult/Teen Swim lessons: Beginning to the Advanced**  
First time adult swimmers will be introduced to the water slowly to ensure a positive learning experience. Intermediate/Advanced adult swimmers will learn different techniques that will enable you to swim with more ease, efficiency and power.



*For clarification on any of the programs offered, to schedule a level assessment, or to schedule private, semi-private swim lessons, custom classes or adult swim lessons contact Tiffany Harmon, via phone (831) 476 – 7946 (SWIM) or email [Tiffany@SeahorseSwimSchool.com](mailto:Tiffany@SeahorseSwimSchool.com)*

**AMERICAN RED CROSS COURSES**

**WATER SAFETY INSTRUCTOR (WSI) (rev.'14) & LIFEGUARDING, CPR PRO & FIRST AID**

WSI certification classes prepares instructor candidates to teach Learn-to-Swim swimming lessons.

Lifeguarding courses teach and certify to guard pools.

Lifeguarding courses come w. CPR PRO & First Aid certifications.

Course materials are included in the courses.

See website for prerequisites, pre-course & course dates as well as course fees for certification courses offered.

Job opportunities await Swim Instructors with WSI & Lifeguard Training certifications.

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***Seahorse Swim School Program Policies***

- Cancellations for sessions must be received **48 hours prior** to start of session or scheduled private lesson to receive a refund.
- Refunds will not be given once session has begun or for children who choose not to participate in class at class time.
- **NO Makeups.** Lessons cancelled by Seahorse Swim School or Seascape will be rescheduled before the end of the current session.
- Drop-ins and late enrollments welcome if space in class is available. Drop ins are Confirmed poolside.
- **Classes may be added according to demand. Add name to waiting lists to show interest.**

Custom classes can be made with friends/family members or groups of students at or near the same level.

- **All Swim classes & Swimteam occur rain or shine!**

*Seahorse Swim School reserves the right to cancel/reorganize any class that is under-subscribed.*

